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August 9, 2001

Commissioner for Patents
Box PATENT APPLICATION FEE
Washington, D.C. 20231

Re: Inventor: Paul Patterson
Title: Multi-Planar Rowing Machine and Associated Exercise
Protocols
Express Mail No.: EL 921453037 US
Attorney Docket No.: 4008-00200

Sir or Madam:

Enclosed are the following documents for filing:

1. Utility patent specification (44 pages);
2. Informal Drawings (24 sheets, Figs. 1-2, 3a-3d, 4a-4c, 5a-5c, 6a-6m, 7a-7e, 8a-8c);
3. Request and Certification Under 35 U.S.C. 122(B)(2)(B)(i) (1 page);
4. Declaration and Power of Attorney (2 pages);
5. Acknowledgement postcard; and
6. This transmittal letter

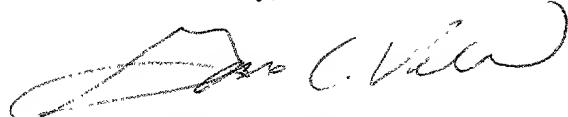
Please date-stamp the acknowledgment postcard and return it to the undersigned to confirm receipt of the above documents.

8/9/2001

Page 2

Thank you for your assistance in this matter.

Sincerely,



Gene C. Vallow

GCV/arw
Enclosures

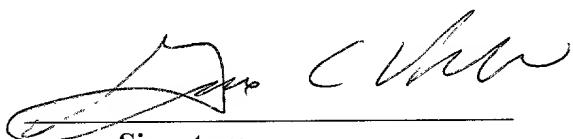
**REQUEST AND CERTIFICATION
UNDER
35 U.S.C. 122(b)(2)(B)(i)**

First Named Inventor :	Paul Patterson
Title:	Multi-Planar Rowing Machine and Associated Exercise Protocols
Attorney Docket Number	4008-00200
Express Mail Label No.	EL 921453037 US

I hereby certify that the invention disclosed in the attached application **has not and will not be** the subject of an application filed in another country, or under a multilateral agreement, that requires publication at eighteen months after filing. I hereby request that the attached application not be published under 35 U.S.C. 122(b).

8-9-01

Date



Signature

Gene C. Vallow

Registration Number 40,856

This request must be signed in compliance with 37 CFR 1.33(b) and submitted with the application **upon filing**.

Applicant may rescind this nonpublication at any time. If applicant rescinds a request that an application not be published under 35 U.S.C. 122(b), the application will be scheduled for publication at eighteen months from the earliest claimed filing date for which a benefit is claimed.

If applicant subsequently files an application directed to the invention disclosed in the attached application in another country, or under a multilateral international agreement, that requires publication of applications eighteen months after filing, the applicant **must** notify the United States Patent and Trademark Office of such filing within forty-five (45) days after the date of the filing of such foreign or international application. **Failure to do so will result in abandonment of this application (35 U.S.C. 122(b)(2)(B)(iii)).**